

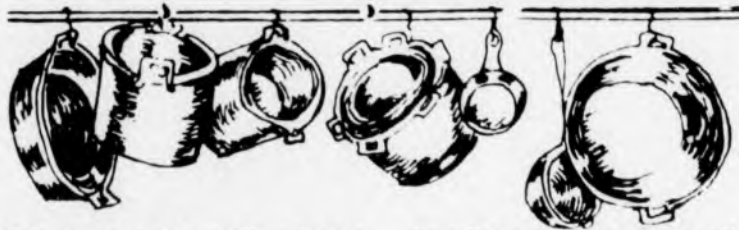
from the kitchen

By Joan Pinkham

Many of us flinch at the thought of another Labor Day looming, for on all sides, the standard greeting is: "Where has the summer gone?" Though they'd never admit it, the children are probably happy to get back to school, having done just about all there is to do. To some grown-ups, their favorite time of the year is coming up. To some, it's a sad time, a time of endings when the boat comes out of the water, the pool is abandoned, and summer people being their exodus. Hopefully, this last summer fling will find us all outdoors basking in the sun, and if you're expecting guests, Nancy MacLellan's recipe would be easy and delicious.

STUFFED TURBANS OF FLOUNDER

Coil eight fillets of flounder inside eight muffin rings and place in a buttered pan. In skillet place 3/4 c. chopped mushroom stems, a few drops onion juice and 3 T butter. Cook 1 min., then stir in 4 tsp. flour. Gradually stir in 1/2 c. cream.



Stir over heat until mixture boils. Add 1/2 c. crab meat and season with salt, pepper, cayenne and mace. Fill muffin rings with this mixture and cover with foil. Bake 20 min. at 375 degrees. Remove foil and sprinkle with buttered bread crumbs. Bake until crumbs are brown and slip from rings onto a hot platter. This is supposed to serve 8. If you don't have muffin rings, you could bake the fish in muffin tins, or roll them up, secure the end with a toothpick and put them in a baking pan.

The weather can be fickle in the fall with weathermen balefully predicting hurricanes. It seems when the children get back to school, there's usually a heatwave. It's chancy to plan on Mother Nature's cooperation when planning outdoor fun, so when you're dreaming up your holiday menu, why not include foods which can be served indoors or out. I read in the New York Times of two moms who were upset when

they discovered that their children are being fed junk snax at a high-priced nursery school. They came up with the neat idea of starting a little business called 'Good Food for Kids.' Now they supply day-care centers and schools with nourishing snacks for children. These cookies come under the heading of 'Healthful Munchies' and are called

OATMEAL CAROB CHEWIES

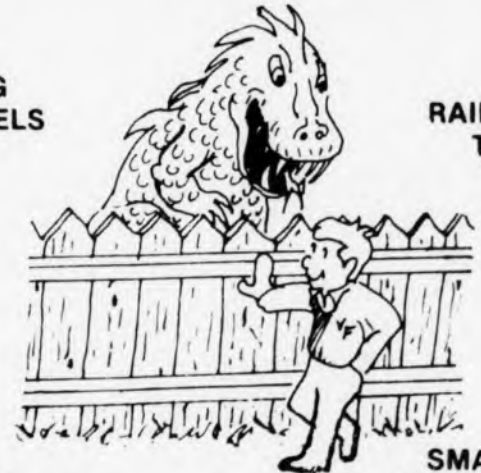
1/2 c. soft butter or oleo
3 T brown sugar
2 T beaten egg
1/2 c. whole-wheat flour
1/2 c. rolled oats
1/4 tsp. baking soda
1/2 tsp. cinnamon
1 T milk
1/4 c. carob dots

Heat oven to 350 degrees and grease cookie sheet. In a large bowl, combine butter or oleo and sugar and blend well. Add the egg and mix. Add the flour, oats, soda and cinnamon. Mix well. Add the milk and mix, then the carob dots and mix again. Drop by spoonfuls onto cookie sheet, spacing about 1" apart. Bake for 15 min. Store in airtight tin. Yield: approx. 3 doz. Carob dots may be purchased in health food stores.

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